

THE ART OF SELF-CONNECTION

Connecting fully to our own experience brings us clarity and insight and empowers us to engage with others from a more peaceful place.

We can start by separating observable facts from our stories, judgments and interpretations, and then connecting to our body sensations, feelings, needs and requests.

Experimenting with this process allows us to digest our experience(s) on a deeper level and helps us connect with deeper levels of compassion (for ourselves and others) as we recognize our inherent humanity.

To start this process, simply think of an experience, challenge, or conflict you would like to explore. Then walk through the steps below giving yourself plenty of time at each prompt. Remember: this is not a linear process and it's totally fine to jump from prompt to prompt without a particular order. Follow your own rhythm.

1) OBSERVATIONS: *(Share what happened in objective terms. What would a video camera capture?)*

2) STORIES/JUDGMENTS: *(What meaning did you draw from the facts? What assumptions did you make?)*

3) BODY SENSATIONS: *(Take a few deep breaths, what sensations in your body do you notice?)*

4) FEELINGS: *(What feelings are alive in you? What are you feeling?)*

5) NEEDS: *(What values matter to you? What needs are you longing for or wanting?)*

6) REQUESTS: *(What specific, positive action(s) might you ask of yourself, or someone else?)*